

# OCTOBER

FULL BODY

ABS

30 & UNDER

YOGA

NEW

30& UNDER

RECOVERY

**New! 30  
Minute  
Yoga #6**

**30 Minute  
Glutes & Abs #2**

**6 Minute  
Chair Stretch**

**30 Minute  
Full Body #1**

**13 Minute  
Abdominals #2**

**30 Minute  
Glutes & Legs**

**30 Minute  
Yoga #1**

**New! 15  
Minute  
Arms & Legs**

**30 Minute  
Glutes & Abs**

**10 Minute  
Yoga Stretch**

**30 Minute  
Full Body #2**

**5 Minute  
Abdominals**

**30 Minute  
Glutes & Arms**

**30 Minute  
Yoga #2**

**New! 13  
Minute  
Abs #3**

**30 Minute  
Arms & Legs**

**10 Minute  
Yoga Stretch  
Before Bed**

**30 Minute  
Full Body #3**

**7 Minute  
Abdominals**

**26 Minute  
Abs, Arms, Glutes**

**30 Minute  
Yoga #3**

**New! 18  
Minute  
Lower Body**

**25 Minute  
Abs & Glutes**

**15 Minute  
Yoga Stretch  
for Hips**

**30 Minute  
Full Body #4**

**8 Minute  
Abdominals**

**24 Minute  
Abs & Glutes**

**30 Minute  
Yoga #4**

**30 Minute  
Full Body #5**

**24 Minute  
Abs & Arms**

**New! 13  
Minute  
Yoga Stretch**